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THAT'S WHAT SHE DID. USE METRO AR TO HEAR SOME OF THE SINGER'S MUSIC PAGE 13

'Run! Run! It's coming!'

Tornadoes tear through the U.S. Use Metro AR to see survivors begin recovery effort PAGE 8

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NEW GM FOR THE FLAMES

The new general manager for the Calgary Flames, Brad Treliving, speaks at a press conference after being introduced in Calgary on Monday. See story, page 22. LARRY MACDOUGAL/THE CANADIAN PRESS

Council approves cycle-track network minus 1 Street SE

One-year trial.
Network to open in 2015, council to vote in 2016 to keep, modify or dismantle it

ROBSON FLETCHER
robson.fletcher@metronews.ca

Calgary will move ahead with a network of separated bicycle lanes downtown, but there won't be one built on 1 Street SE, city council decided Monday.

By an 8-7 vote, council approved an amended version of the Centre City Cycle Track Network put forward by city staff, with that particular north-south route deleted.

The move came after numerous councillors said they couldn't support a cycle track on 1 Street SE, citing concerns over increased traffic congestion on the already busy roadway.

That leaves one north-south route to be built as part of the network, which will run along 5 Street SW.

There is already an 800-metre cycle track on 7 Street SW and the city has separate plans for a raised cycle lane on 8 Street SW as part of a larger redevelopment of that corridor.

Going east-west, cycle tracks are now to be built along 8 Avenue — including allowing bikes on the Stephen Avenue pedestrian mall at certain times of day — as well as 12 Avenue and a small section of 9 Avenue SE.

Bike Calgary director Dale Calkins said Monday's decision was "very encouraging."

"Obviously, not having 1 Street SE on there is a bit disappointing," Calkins said, adding that he was pleased to see council approve "the bulk of the project."

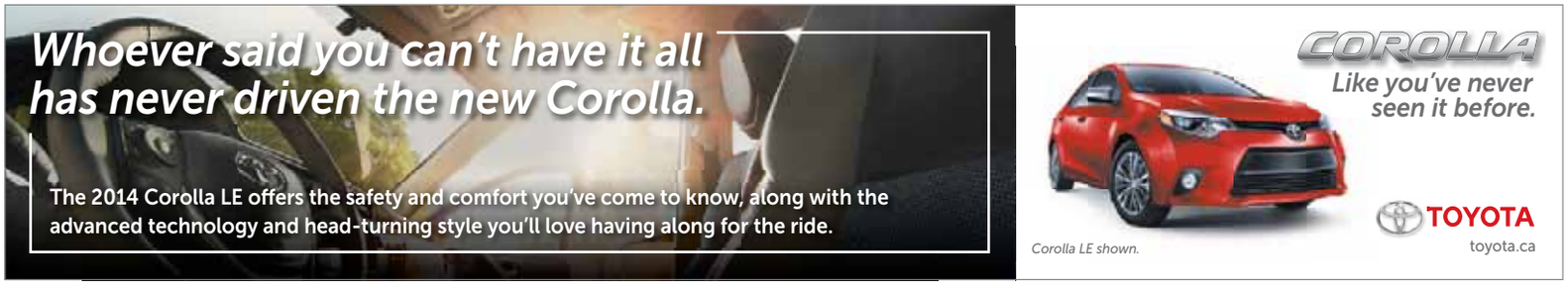
Calgary Downtown Association executive director Maggie Schofield previously urged the city to abandon its plan to allow bicycles on the Stephen Avenue mall and said Monday the association's position on that hasn't changed.

"It really shouldn't be part of the cycle track network," she said. "Pedestrians are being put at unnecessary risk."

The pilot project was to cost $9.4 million, according to initial estimates from city staff. It wasn't immediately clear what the new price tag would be for a network that doesn't include 1 Street SE.

Quoted

"Obviously, not having 1 Street SE on there is a bit disappointing."
Bike Calgary director Dale Calkins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Consultation

Some councillors take report with grain of salt

Transit, affordable housing, and urban planning were among the key "themes" identified by Calgarians according to a budget consultation process the city undertook earlier this year.

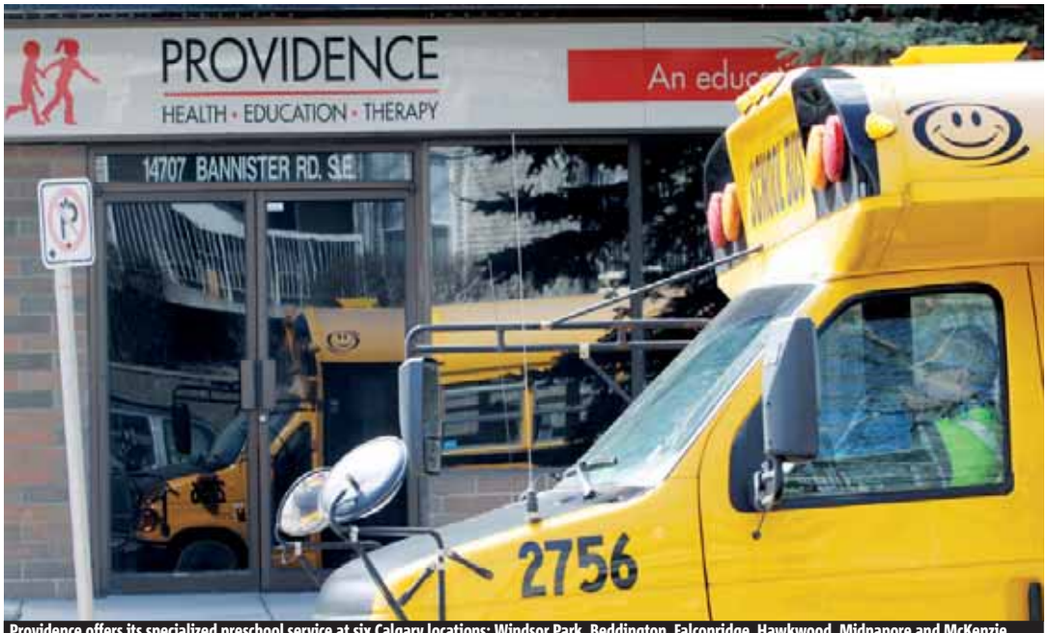
City staff gathered feedback from about 7,000 people — roughly half online, half in person in public places like shopping malls — on their financial priorities for 2015 to 2018. The results were presented to council Monday in a 549-page report.

Mayor Naheed Nenshi described the feedback as "an important part of the information council will consider" while developing spending plans for the next four years. Other members of council weren't so sure the $500,000 process provided an accurate representation of public sentiment, however.

Coun. Ward Sutherland, who attended one of the mall engagements, said there was a pattern of people who stopped to talk with city staff and the demographics of participants didn't match the demographics of the community as a whole. Parents with young children, for example, were less apt to participate, he noted, as they were often too preoccupied.

Sutherland said he will still take the report's results into consideration but will weigh them against other feedback he receives.

"I've read the comments (in the report), but I've also knocked on thousands of doors. So I'm going to take a combination of everything I hear." ROBSON FLETCHER/METRO



Providence offers its specialized preschool service at six Calgary locations: Windsor Park, Beddington, Falconridge, Hawkwood, Midnapore and McKenzie Towne. BRYAN WEISMILLER/METRO

HandiBus service halted at preschool

Parents blindsided. Providence school's decision could mean 22 jobs lost

BRYAN WEISMILLER
bryan.weismiller@metronews.ca

Heather Taylor was stunned Monday to learn her son's specialized preschool was severing ties with a company that provides transportation for Calgarians with disabilities.

Providence school is ending its deal with Calgary HandiBus, which currently provides 11 buses to the therapeutic and educational preschools. Each bus is staffed with one driver and one special assistant.

While Taylor drives her son to classes in Midnapore, she knows other parents who depend on the door-to-door busing service with expert staff.

"My son has a boy in his class who's in a wheelchair and I can't imagine him not having the ability to have that extra help," she said.

First Student Canada, which already provides some busing services, will become the sole provider this fall. That bus company doesn't staff student aids in addition to its drivers.

Providence makes up 90 per cent of HandiBus' preschool service, meaning 11 assistants will be laid off and another 11 drivers are also at risk of losing their jobs, said bus company general manager Zorana McDaniel.

McDaniel called it the "Cadillac service" provided to vulnerable kids, and noted it's a sad day for the staff impacted by the job cuts.

Meanwhile, a presumed staffer at the Midnapore location asked Metro to stop soliciting interviews from parents because they had not yet been told about the changes to bus service.

Providence president Rhonda Conway confirmed Monday the HandiBus service is more expensive and noted the decision "absolutely has something to do with financials."

But Conway contested student care would suffer as a result of the switch.

"I don't think they do need an assistant," she said. "We have over 230 other children that are bused by another busing company that don't have assistants and that service runs very well."

Tories. Prentice has leadership team: Source

A source working with Jim Prentice confirms the former federal cabinet minister is putting together a team to make a bid for the Alberta Progressive Conservative leadership.

The source says Prentice has been talking to caucus and cabinet, and has received encouragement to run.

The source, who spoke on condition of anonymity, confirms Prentice is forming a campaign and finance team and is expected to make a formal announcement in the next couple of weeks.

Prentice held several portfolios in Prime Minister Stephen Harper's cabinet before moving to the private sector.

He is currently a vice-president with CIBC and recently accepted a job with Calgary-based Enbridge to help clear the way for the proposed Northern Gateway pipeline. The company said it wanted Prentice to forge agreements with about two dozen B.C. and Alberta First Nations that oppose the multibillion-dollar project.

Jim Prentice THE CANADIAN PRESS

Even though he has not officially entered the race, Prentice received a public endorsement last week from Alberta Human Services Minister Manmeet Bhullar, who said he thought Alberta would benefit greatly if Prentice were its next premier.

Prentice has been widely talked about as a potential candidate since Redford resigned, but has remained silent.

THE CANADIAN PRESS

Ninth person

Calgary measles case confirmed

Another case of measles has been confirmed in the Calgary area, the ninth of the year so far.

Alberta Health Services issued a warning to people who were in certain southeast Calgary locations at a specific time between April 18 and 21. People who were present at these locations may have been exposed to measles and are asked to monitor themselves for symptoms.

Check metronews.ca for the locations and times of possible exposure. METRO

Allegedly pulled knife

Cops Taser man

Police used a Taser twice on a man they believe was intoxicated, who allegedly reached for a knife after being approached Monday.

The incident occurred around 12:30 a.m. in the 1500 block of 36 St. SE.

Duty Insp. Joel Matthews said two officers approached a man drinking in his vehicle, who then allegedly went for a knife, prompting one officer to Taser him. They removed the suspect from his vehicle but he began to struggle. Charges are pending against the suspect. METRO

Life in the fast lane is not for everyone

But why? Calgary brokers say cab service a struggle during rush hours

Brokers eyeing Calgary's congestion-free designated transit lanes are quick to point out certain other Canadian municipalities have given the green light to cabbies to use them.

On Friday, the city's Taxi and Limousine Advisory Committee reviewed a report that outlined plans to allow Access Calgary cabs, which transport disabled patrons, use of certain high-occupancy and transit-only roads, as well as bus-only gates, road shoulders and other infrastructure typically reserved for the more passenger-dense rides.

But other cities like Edmonton, Vancouver, Regina and Montreal allow all cabs the ability to circumvent rush-hour gridlock via the use of bus lanes. However, in other cities like Ottawa, officials have warned that cabs could clog up transit routes, leading to delays.

"Different cities have different goals and ours is to make Calgary Transit a faster and more reliable mobility choice," said Chris Jordan, Calgary Transit's manager of strategic planning, when asked why a cab free-for-all on bus lanes wasn't being considered locally.

"The way we see it is if a lane was full it would be defeating the purpose of investing public money in it," he added. "But if a lane is empty that means it's working well, thousands of people are moving through the lane quickly and reliably."

Brokers, however, believe there's plenty of room to spare and allowing their cars access could streamline what Associated Cab president Roger Richard deemed an "essential service."

"I don't know why Calgary Transit doesn't want to share or get a greater utilization," he said, before deeming transit planners as being "narrow-minded."

"We all pay taxes ... (transit infrastructure) is under-utilized. JEREMY NOLAIS/METRO

"Look at the one here on Centre Street, one bus comes by every 3-5 minutes and that's it."
Roger Richard, Associated Cab president

Calgary Transit is planning to allow Access Calgary cabs to use certain transit-only and high-occupancy lanes, like this one on Centre Street North. But other cities have opened up such roadways to all cabs — a move city brokers believe would greatly aid service struggles during rush-hour gridlock. METRO FILE

Drivers hail change

B.C. cab drivers happy about gaining access to transit-only lanes

- After a year-long pilot project, Vancouver city councillors voted last May to allow cabs to drive through, but not stop, in bus-only lanes.
- Mohan Kang, president of the B.C. Taxi Association, said the allowance led to speedier service, especially during rush-hour traffic.
- "It's good for the taxi industry, it's cost-effective for the customer also because if you're stuck in traffic the metre is still going on," Kang said.
- "It's also environment friendly."

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Animals wounded. Pair of incidents renew calls for ban on leg-hold traps

New reports of southern Alberta animals in leg-hold traps have renewed cries for bans and stiffer enforcement.

Brenda Willy was cleaning in the back-alley area of her Midnapore home on Easter Sunday when she heard a "clink, clink" noise and spotted a rabbit caught in a leg-hold trap running down the lane.

She believes the animal's leg had been broken but was unable to track it down despite searching for a full day.

Willy figures the rabbit died of its wounds.

"That could have been somebody's cat, somebody's dog, somebody's kids — these things are like land mines," she said.

A few weeks ago, volunteers with the Alberta Animal Rescue Crew Society (AARCS) were called to care for a puppy found in a similar trap a few hours south of Calgary.

"Luckily it didn't break his leg but it did put a hole through the bone," said group director Deanna Thompson.

Brenda Willy kneels near a sign offering a reward for information after she spotted a trapped and injured rabbit. BRYAN WEISMILLER/METRO

AARCS has been involved in two other cases in the past three years in which trapped animals suffered more dramatic injuries, Thompson said.

Jamie Hanlon, public affairs officer with Alberta Environment and Sustainable Resource Development, said the province is compliant with international standards for humane trapping.

He said that although trapping rabbits and hares is prohibited, such devices are permitted for use on private land.

JEREMY NOLAIS/METRO

Derek Beaulieu. City to welcome poet laureate using 20-metre canvas

Calgary's new poet laureate was introduced at city council Monday morning, and this week one of his iconic works will be projected onto the Calgary Tower.

Derek Beaulieu is a longtime Calgary resident who has penned eight books of poetry, three volumes of fiction and one volume of literary criticism.

He said he is proud to "represent our city locally, nationally and internationally" through his words.

Mayor Naheed Nenshi welcomed the appointment and thanked Kris Demeanor for his service in the position, which comes with an annual $10,000 (privately funded) honorarium.

To celebrate, one of Beaulieu's most famous works, Prose of the Trans-Canada, will be projected 20 metres high on the base of Calgary Tower this week.

ROBSON FLETCHER/METRO

Derek Beaulieu will have one of his works projected onto Calgary Tower tonight. CONTRIBUTED/DEREK BEAULIEU/WORDFEST

AUPE. Province, union for government workers strike tentative contract

The Alberta government and the union for provincial workers have reached a tentative contract deal.

Details of the deal were not immediately available, but the Alberta Union of Provincial Employees says it will recommend to its members that they ratify the four-year agreement.

President Guy Smith says it was always the union's preference to reach a settlement rather than go to arbitration.

The government had actually revoked the union's right to go to arbitration in controversial labour legislation passed last fall.

But a judge put the new law on hold in February until the union's concerns could be reviewed.

The government is also recommending the deal be ratified.

THE CANADIAN PRESS

Significance

22,000

The deal affects 22,000 front-line provincial employees.

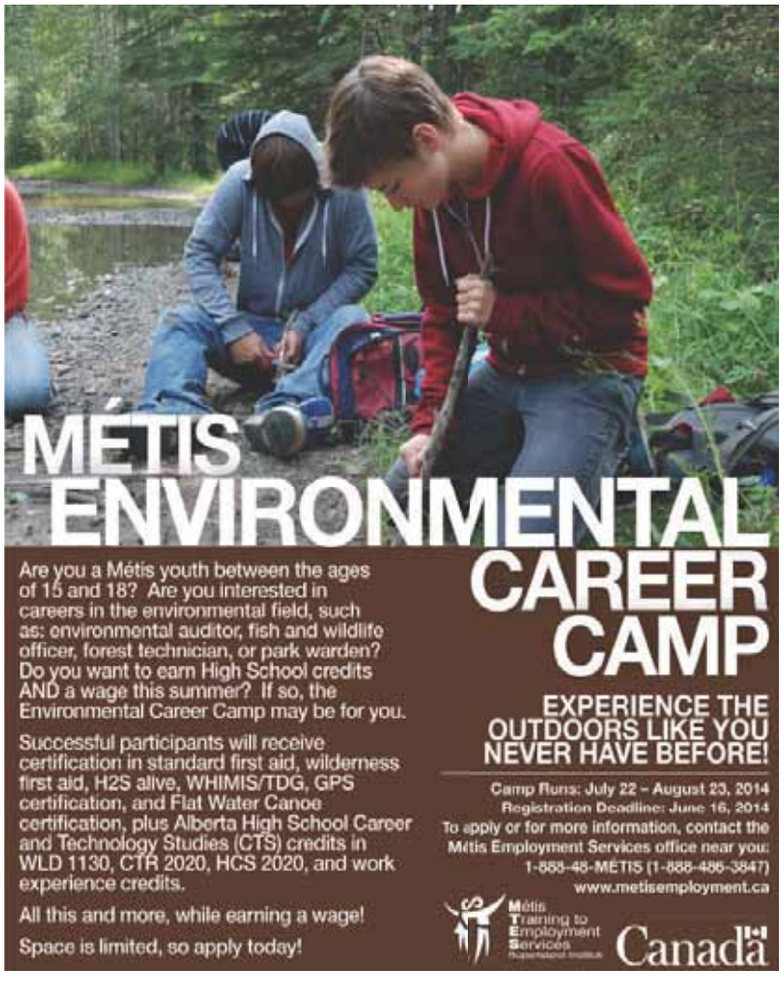
Aug. 30, 31

Headliners set for X-Fest

Jack White, Arctic Monkeys and Death Cab For Cutie are among the headliners planned for the 2014 edition of X-Fest Calgary.

Also joining the seasoned performers at Fort Calgary Aug. 30 and 31 are Tegan & Sara, Serena Ryder, Foster The People, Cage The Elephant, Stars, The Airborne Toxic Event and more.

Tickets go on sale May 3 at ticketfly.com or xfestcalgary.com. METRO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University of Calgary. Honouring the victims of city's worst mass murder

Staff members at Calgary's biggest university are collecting donations to establish a scholarship in honour of a student killed in the city's worst mass murder.

Lawrence Hong, an urban studies student at the University of Calgary, had eyes on a career with Calgary Transit after graduating in June.

He, Josh Hunter, Zackariah Rathwell, Jordan Segura and Kaiti Perras were stabbed to death at a house party in the Brentwood area April 15.

The U of C is hosting a celebration of life to honour the victims Wednesday.

METRO

Online

Those wishing to donate can visit netcommunity.ucalgary.ca/lawrencehong or contact Tas Rahim (ttasrahim@ucalgary.ca) or Marilyn Wile (mwile@ucalgary.ca) for more information.

Private member's bill

Alberta's justice minister supports animal cruelty bill

Alberta's justice minister says he'll support a private member's bill on animal cruelty.

Jonathan Denis says he plans to propose an amendment that would make the bill even tougher by calling for mandatory minimum sentences and increased jail time.

The bill by Len Webber, an Independent legislature member from Calgary, would double maximum fines for animal abuse and allow for up to six months in jail.

THE CANADIAN PRESS

Man believed to be murdered

Suryan Giama, 25, was last seen by a family member on Feb. 17 at a residence in the 0-100 block of Woodview Terrace S.W. COURTESY CALGARY POLICE SERVICE

Suryan Giama. Police believe man, 25, last seen more than two months ago was killed

Forensic evidence found in the car belonging to a Calgary man reported missing months ago has led police to believe he was murdered.

Suryan Giama, 25, was last seen by a family member Feb. 17 at a residence in Woodlands and a missing-person report indicates he was to meet up later with a prospective Kijiji buyer for his 2007 Toyota Camry.

Police found the car March 19 in Calgary's southwest. While Sgt. John Hebert declined to delve into specifics on what was found inside Giama's vehicle during a news conference Monday, he said it's believed the young man was murdered.

Police have not recovered a body despite searches of numerous areas around Calgary.

"We just need to narrow our focus a little bit with the public's assistance," Hebert said, adding, "We haven't identified any specific suspects at this time."

Hebert said it's not believed Giama's death was connected to his potential Kijiji sale; his car was parked in a residential area and there was no indication it had been stolen.

City police generally do not specify whether they have a history with victims of crime, but there is at least some indication Giama had a checkered past.

Archived media reports indicate that in 2009 Giama was slapped with five charges from Toronto police after he allegedly pointed a handgun at a cab driver and refused to pay a fare. JEREMY NOLAIS/METRO

Crime Stoppers

Anyone with information is asked to call police at 403-266-1234 or Crime Stoppers at 1-800-222-8477.

- Suryan Giama is of Somalian descent, six feet tall and 150 lbs, say police.

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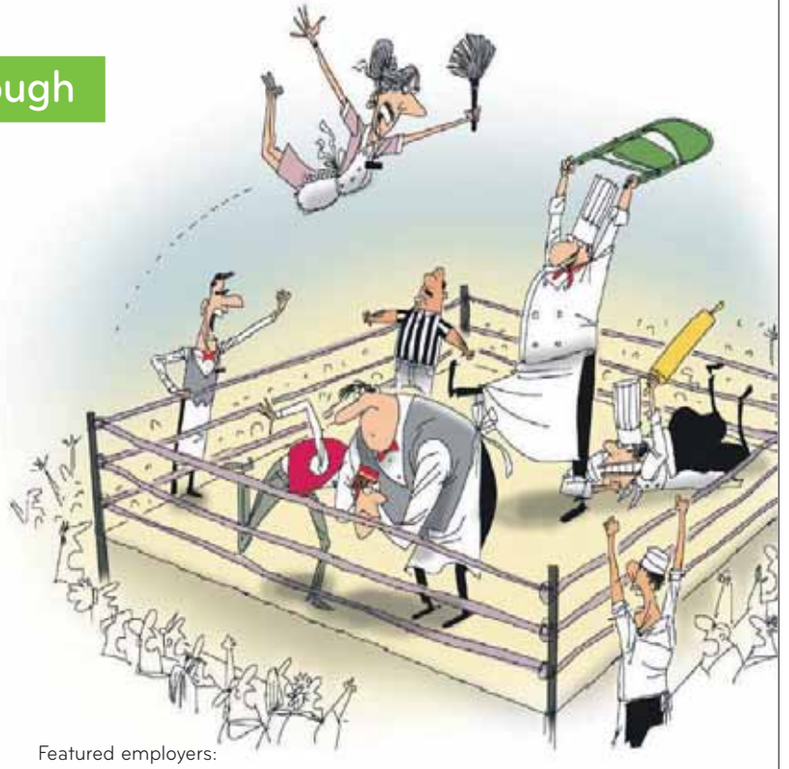

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Arkansas twister leaves trail of devastation, at least 14 people dead

Sherry Lee, left, and her daughter-in-law Amanda Lee react after finding family photos among the ruins of Sherry's home on Cemetery Street Monday. KAREN E. SEGRAVE/THE ASSOCIATED PRESS

Fatalities also reported in Oklahoma and Iowa. Midwest and South brace for further severe weather

The sky turned black as the funnel cloud closed in, and Maggie Caro rushed with her husband and two children to a community shelter at a Vilonia school, where they were among the last to get inside the fortified gym before the doors were shut.

"They were screaming, 'Run! Run! It's coming!'" Caro recalled.

And then all hell broke loose.

The half-mile-wide tornado carved an 80-mile path of destruction through the Little Rock suburbs Sunday evening, killing at least 14 people, flattening rows of homes, shredding cars along a highway and demolishing a brand-new school before it even had a chance to open.

Officials said the death toll could have been worse if residents hadn't piled into underground storm shelters and fortified safe rooms after listening to forecasts on TV and radio, getting cellphone alerts or calls or texts from loved ones, and hearing sirens blare through their neighbourhoods.

Also on people's minds: memories of a weaker tornado that smashed through on April 25, 2011. It took nearly the same path and killed at least four people.

"You had people breaking down because they were reliving three years ago," Kimber Standridge said of the scene inside the community shelter, which she said was packed with perhaps more than 100 people.

Caro and Standridge said the shelter was so solid they barely felt or heard the tornado.

The tornado was among a rash of twisters and violent storms across the Midwest and South that killed 16 people in all on Sunday.

Most of the dead in Arkansas were killed in their homes in and around Vilonia. Firefighters on Monday searched for anyone trapped amid the piles of splintered wood and belongings strewn across yards.

The tornado that hit the town and nearby Mayflower was probably the nation's strongest so far this year on the 0-to-5 EF scale, with the potential to be at least an EF3, which means winds greater than 136 mph, National Weather Service meteorologist Jeff Hood said.

"It's amazing to me how wide it was," Mayflower Mayor Randy Holland said.

Arkansas Gov. Mike Beebe said officials didn't yet have a count of the missing. He said the dead included a woman who was in a safe room but was hit by debris that went through the door.

"Mother nature and tornadoes, sometimes you can't explain how that works," Beebe said.

Three people died when the tornado tore a Paron home down to the foundation. Emily Tittle, 17, said her family took shelter under the stairs of their home before the twister ripped the walls away.

In Vilonia, Raella Faulkner and Bobby McElroy picked through their demolished home, searching for family photos and a bow-and-arrow kit belonging to McElroy's son. The two had taken refuge from the storm in an underground storm shelter.

Homes in the South are frequently built on concrete slabs, without basements. Slabs are cheaper and easier, and the need to protect pipes from freezing by putting them below ground is not as great as in the North.

A separate twister killed one person in Quapaw, Okla., on Sunday evening, then crossed into Kansas, where it destroyed more than 100 homes and businesses and injured 25 people in the city of Baxter Springs. A farm building collapsed in Iowa from either a tornado or powerful straight-line winds, killing one woman. THE ASSOCIATED PRESS

See that symbol? Scan the image below with your Metro News app to see how South Koreans are coming to the aid of families of ferry victims.

Lim Jang-young, 58, helps families of victims of the sunken ferry Sewol in Jindo, South Korea. AHN YOUNG-JOON/THE ASSOCIATED PRESS

Volunteers help to ease suffering

The mother, slightly drunk, sits on the edge of a wind-blown dock and wails. A Buddhist monk approaches and wipes the tears from her face as she pours out her grief and longing for her missing son.

He leads her away from the dock's edge and, as she weeps, chants Buddhist scriptures and sounds a wooden gong in a prayer for her son's return.

"They are really suffering," said the monk, Bul Il, who came from the southeastern port city of Busan to help the families of the more than 100 still missing in the sunken South Korean ferry.

"It's painful for me to watch their misery," he said, his face peeling and red from long chants on a platform facing the sea.

Bul Il is one member of an impromptu city that has sprung up at this normally sleepy port for the families of those lost in the disaster.

It does not matter to the volunteers that the families do not brim with gratefulness for their work. They want to do more to ease their pain.

THE ASSOCIATED PRESS

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Stowaway teen's mother seeks reunion with kids

Shedder Refugee Camp. It's home to the boy's mother and some 10,300 Somalis who fled due to militant violence

The Somali mother's home is a frame of sticks covered by ragged blankets on the dusty grounds of this refugee camp. It was here that her 15-year-old son wanted to travel on an impossible journey as a stowaway on a plane from California.

Ubah Mohammed Abdule hasn't seen her boy — who was hospitalized in Hawaii after landing there in the wheel well of a jetliner — for eight long years.

Wearing a black and white head covering, Abdule wept as she stood before the flimsy shelter holding her meagre possessions and spoke about her son.

She told journalists from The Associated Press, who travelled to see her in remote eastern Ethiopia, that she was alarmed by the dangerous method of travel her son undertook. Those who stow away in wheel wells of airplanes have little chance of surviving, and many who attempt it are Africans desperate for a better life in Europe or America.

But Yahya Abdi had been unhappy in California and desperately missed his mother, according to those who know his family.

So on April 20, Abdi hopped a fence at San Jose International Airport and climbed into the wheel well of a jetliner. It was bound for Hawaii, the opposite direction of Ethiopia. Somehow he survived the sub-zero temperatures and lack of oxygen. He has not spoken publicly about the ordeal.

"I knew he was an intelligent boy who has strong affections for me. I also knew he always wanted to see me, but I know his father won't let them contact me at all," Abdule said.

Abdule said she has not spoken with her son since he moved to the U.S. in 2006. The boy's father has lied to their three children, the mother said, telling them that she's dead.

In this photo taken Sunday, Ubah Mohammed Abdule, 33, feeds her son Abdullahi Yusuf Ahmed, 8, as her daughter Neshad Yusuf Ahmed, 5, looks on, outside her hut in the Shedder refugee camp near the town of Jigjiga, in far eastern Ethiopia. ELIAS ASMARE/THE ASSOCIATED PRESS

"The father of Yahya first took the children away from me to Sudan. Then he came back to Somalia and demanded my consent for him to take the children to the U.S. if I want a formal divorce. I was not OK with that and said no," Abdule said through tears.

"Finally, he took all three of my children to the U.S. without my knowledge."

Abdule said she wants to leave the camp and reunite with her children and has asked the Ethiopian government and the UN refugee agency to help her do so. She has passed her first interview with the agency to make the list of those who might qualify to immigrate to America, said a legal protection officer at the refugee camp.

THE ASSOCIATED PRESS

Muslim Brotherhood leader sentenced to death

A woman mourns after a judge in Egypt sentenced to death 683 alleged supporters of the country's ousted Islamist president in the latest mass trial in the southern city of Minya, Egypt, Monday. THE ASSOCIATED PRESS

An Egyptian judge sentenced to death the Muslim Brotherhood's spiritual leader and 682 other people Monday in the latest in a series of high-stakes mass trials that have been unprecedented in scope, drawing sharp condemnation from international rights groups.

The verdicts — which were appealed by the general prosecutor — come as the military-backed government has launched a massive crackdown against Islamist supporters of ousted leader Mohammed Morsi, under the banner of "war against terrorism" while tightening its grip on the Arab world's most populous nation.

Suggesting there might be room for reversal, the same judge also reduced the sentences against 529 defendants indicted in a similar case in March, upholding the death penalty for only 37 and commuting the rest to life imprisonment.

Still, the three dozen death sentences that were upheld was an extraordinarily high number for Egypt, compared to the dramatic trial in the wake of the 1981 assassination of President Anwar Sadat, when only five people were sentenced to death and executed.

Judge Said Youssef said he was referring Monday's death sentences — which were for convictions of violence and killing policemen — to the Grand Mufti, the nation's top Islamic official — a requirement under Egyptian law that is usually considered a formality but also gives room for the judge to change his mind.

Of the 683, all but 68 were tried in absentia.

THE ASSOCIATED PRESS

Rape case. Paris police boss wants accused officers off the force

The director of the Paris police service says he wants the officers implicated in the alleged rape of a Canadian woman out of his department.

Bernard Petit's remarks Monday to French radio station Europe1 came as authorities investigated two officers accused of raping the Canadian tourist at the city's police headquarters.

Both officers from the elite police unit, as well as a third who's considered a witness, have been suspended pending the outcome of an investigation that could take weeks or even months to complete.

French media have reported a 34-year-old Toronto woman met the off-duty officers in a bar last week and later went with them to their workplace.

As she left the station, she reportedly told another police officer she'd been raped, but a lawyer for one of the suspects told The Canadian Press the sex was consensual.

The police director told the radio station Monday he would not discuss the criminal allegations, but he called the behaviour of the officers from the noted anti-gang unit "absolutely unacceptable and intolerable."

"From an administrative point of view, things are clear in our minds," said Petit, who also noted they should have never have let someone from the outside into the headquarters. "These boys no longer have a place within our unit."

French Interior Minister Bernard Cazeneuve announced over the weekend the officers had been removed from their posts during the investigation.

He also said a disciplinary inquiry within the force is already underway.

THE CANADIAN PRESS

Railway crossing safety

Transport Canada spending $9.2M

The federal government says it will spend $9.2 million this year to improve safety at railway crossings.

The money is being made available as part of a cost-sharing agreement with railways and governments that have authority over local roads. Transport Canada says the improvements could include installing flashing lights and bells, gate barriers and other devices. The Transportation Safety Board has said there have been 658 accidents over the last 10 years at so-called passive railway crossings, including 59 deaths and 107 serious injuries. THE CANADIAN PRESS

Attack on baby girl

Pit bull to be euthanized

A pit bull that bit a 14-month-old Ottawa girl in the face is being euthanized.

Police say the little girl suffered serious injuries to her face when she was bitten in her home Sunday while trying to pat the dog, which her family had taken in.

She was taken to the Children's Hospital of Eastern Ontario to be treated for injuries that were described as serious but non-life-threatening.

Her family has declined to update the media on her condition.

THE CANADIAN PRESS

Snake trouble

Austrian stumbles onto large python

Austrian police are looking for the owner of a large python — and the driver who found it may think twice before picking the next spot to stretch his legs.

Police said Monday they were called to the scene about 100 kilometres west of Vienna after the unidentified driver stumbled onto the 2.5-metre reptile packed in a jute sack in a forest near a highway.

The snake was found late last week. A pet shop has volunteered to temporarily care for it while police look for its owner.

THE ASSOCIATED PRESS

Tangerine
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NBA. Advertisers drop L.A. Clippers from roster amid racism controversy

Advertisers are backing away from the Los Angeles Clippers after racist comments attributed to the NBA team's owner.

Used car dealership chain CarMax, airline Virgin America and the Chumash Casino Resort said Monday that they are ending their sponsorships of the Clippers in the wake of comments allegedly made by the team's owner, Donald Sterling.

Two other sponsors, Kia Motors America and Red Bull, said they are suspending their advertising and sponsorship activities with the team. Another sponsor, insurer State Farm, said it "will be taking a pause in our relationship with the organization."

The Clippers declined to comment. The incident highlights the risks that companies face when they make sponsorship deals. The deals can bring goodwill when things are going well, but brands face a tough spot when they link themselves with teams or athletes that become mired in controversy. Advertising experts say that once the bad news is out there, a negative association could have already been made in the eyes of consumers.

A car drives past the CarMax sign at the dealership in Oak Lawn, Ill.
THE ASSOCIATED PRESS FILE

Allen Adamson, managing director of research firm Landor Associates, said there's little benefit for brands to stick with their sponsorship deals in this instance. "There's some benefit in moving quickly," he said. "You can always renew your sponsorship later, but the longer you're linking your brand to a brand in trouble, the higher the risk."

THE ASSOCIATED PRESS

Dream of self-driving cars stuck in neutral ... for now

The Google driverless car navigating along a street in Mountain View, Calif.
GOOGLE/THE ASSOCIATED PRESS

Not so fast. Google is testing vehicles with a speedy push to market by 2017, but an expert says it will take until 2025

Google says that cars it has programmed to drive themselves have started to master the navigation of city streets and the challenges they bring, from jaywalkers to weaving bicyclists — a critical milestone for any commercially available self-driving car technology.

Despite the progress over the past year, the cars have plenty of learning to do before 2017, when the Silicon Valley tech giant hopes to get the technology to the public.

None of the traditional automakers has been so bullish. Instead, they have rolled out features incrementally, including technology that brakes and accelerates in stop-and-go traffic or keeps cars in their lanes.

"I think the Google technology is great stuff. But I just don't see a quick pathway to the market," said David Alexander, a senior analyst with Navigant Research who specializes in autonomous vehicles.

His projection is that self-driving cars will not be commercially available until 2025.

Google's self-driving cars can already navigate freeways comfortably, albeit with a driver ready to take control. In a new blog post, the project's leader said test cars can now handle thousands of urban situations that would have stumped them a year or two ago.

Dream to reality?

"We're growing more optimistic that we're heading toward an achievable goal — a vehicle that operates fully without human intervention."

Project director Chris Urmson, in a blog post

THE ASSOCIATED PRESS

Watchdog. Harper may finally balance the federal budget this year

The federal government may be able to finally eliminate the deficit as early as this current fiscal year, but the achievement will have come at some cost to economic growth and jobs, the country's budget watchdog says.

Parliamentary Budget Officer Jean-Denis Frechette's report estimates federal spending curbs have helped keep the government's costs in check, and will likely lead to a virtual balanced budget one year ahead of schedule in the current 2014-15 fiscal year.

"Prospects for budgetary surpluses are higher over the outlook than in (October's previous report) due to a combination of an improved economic outlook and measures in Budget 2014, in particular further planned restraint in direct program expenses," Frechette's report states.

"PBO estimates the likelihood of realizing a budgetary balance or better is approximately 50 per cent in 2014-15, and more than 60 per cent in 2015-16 and beyond."

THE CANADIAN PRESS

Death of cable TV? Xbox original shows coming soon to a couch near you

When it comes to original programming, Microsoft is going to throw it at the Xbox and see what sticks.

After nearly two years since launching a studio to create new shows to be streamed on Xbox consoles, Microsoft is finally ready to serve an assorted helping of original programming this summer for the Xbox 360 and Xbox One. However, viewers shouldn't expect Xbox Originals, as they're called, to be available the same way that content is provided on Netflix and Hulu.

"We don't necessarily know what approach will work, and we don't necessarily know what approach won't work," noted Nancy Tellem, the president of Xbox Entertainment Studios, during a recent press preview of Xbox Originals at Microsoft's offices in Santa Monica, Calif.

THE ASSOCIATED PRESS

Market Minute

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HAVE THE 'BURBS LOST THEIR APPEAL?

SHE SAYS

Jessica Napier
metronews.ca

After living in the city for seven years, I've come to love the idea of starting a family in an urban setting. Unfortunately my boyfriend, who was actually born and raised in the city, has romantic visions of relocating to a sprawling home with a large backyard, a finished basement and neighbours who actually talk to one another.

Earlier this month, the New York Times published an article about the dwindling populations of North American suburbs. In the past, young men and women moved to the city for a brief period of time to attend university and start their careers before returning back to their hometowns when it came time to settle down.

Today, these migratory patterns are changing as an increasing number of people in their 20s and 30s are relocating to urban areas and opting to stay there for good. More and more young professionals are choosing to forgo the front lawns and spacious driveways of suburbia in favour of a more dynamic life, with kids, downtown.

I spent my teenage years coming of age in an idyllic lakefront suburb where almost all of the designer homes came with their own swimming pool. I went to a "good" school populated by beautiful WASP-y teenagers who could have starred in their own reality show about moneyed suburbanites.

It wasn't an exciting place — I spent countless hours driving along identical tree-lined residential streets to strip malls filled with fast-food chains — but it was safe and comfortable, which are desirable qualities when you're looking for somewhere to raise your kids.

So why are these picture-perfect peripheral towns now failing to lure young families back from the city?

The suburbs might have space and privacy, but cities have character — and plenty of characters — that you just don't find in the homogeneous communities that surround them. And while a congested and unpredictable downtown might not seem like the ideal place for young children, urban environments do have a distinct allure.

Cities offer walkability, mass transit, independence and a vast array of entertainment options. Families have access to museums, galleries, restaurants, street festivals, sporting events and theatrical productions every day of the week. I'd be willing to sacrifice some square footage if it meant giving my future children the opportunity to enjoy the unique benefits that come with living in a demographically diverse and densely populated urban area.

They say the grass is always greener on the other side — except downtown, where the metaphorical grass is a slab of concrete — but I just can't imagine moving back to the 'burbs.

ZOOM

Mauled eagle

Photographer Stan Rife captured this image about 46 metres away from the battling birds. "I stayed at a distance as eagles are cautious and won't hesitate to fly off if they spot you. Even from where I was photographing, I could definitely hear a pretty loud thud or thump as the eagles made contact." COURTESY STAN RIFE/SOLENT NEWS

Bald eagle claws off rival for food

This bald eagle took a bit of a battering as a rival clawed his face in a fierce airborne fight.

The white-headed birds of prey grappled with each other in a row over fish that descended into a tense battle of the fittest. Photographer Stan Rife, 55, watched the feathers fly during the scrap near the Great Salt Lake, located in the northern part of the U.S. state of Utah. METRO

Fishy reasons

"I'd say 99.9 per cent of fights are over fish. One eagle will land and start to feast on a catch, and then another will come and try to steal it away."

Stan Rife, 55, wildlife photographer

Bald-eagle facts

- **Wingspan.** Up to 230 cm.
- **Plucky flock.** Bald eagles have some 7,000 feathers.
- **Speed.** Over 56 km/h in flight and up to 160 km/h in a hunting dive.
- **Symbol.** Adopted in 1782 as U.S. national coat of arms. 'Founding father' Benjamin Franklin was against the move due to bird's roguish behaviour.

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metro AR

MetroTube

Lag: It's way funnier in real life

ANDREW FIFIELD
metronews.ca

Lag. We'll pause for a moment while you spit out the bad taste that word leaves in your mouth. But what if lag's effects weren't restricted to the Internet?

Well, it might look a little like this experiment involving an Oculus Rift, a webcam, hapless volunteers, some missed dance steps and — most importantly — a broadband Internet company's advertising dollars. If you're going to lag IRL, you're going to need to break a few eggs. And ruin a table tennis game. And ... (Via Umeaenergi on YouTube)

SCREENGRAB

metro

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See that symbol? It means you can scan the photograph below with your Metro News app to see more content. Listen to M.I.A.'s song Lights.

M.I.A. talks divinity, art and holograms

Matangi. New album inspired by deity 'who looks and sounds like a woman who goes out there and fights for truth and justice'

PAT HEALY
Metro World News

Earlier this month M.I.A. and Janelle Monáe sang and danced with holograms of each other while each singer performed on an opposite coast of America. Although M.I.A. says she enjoyed the experience, it's unlikely you'll see her do much more of this sort of thing soon.

"You have to have these mirrors and carefully positioned equipment, and at the moment my shows are a bit unpredictable," says M.I.A. "I'd want to have something pre-choreographed and worked out and I never have that type of show. I couldn't bring the crowd up onstage if I had it."

M.I.A. says she resists pressure to turn her shows into "a theatrical production like Glee or something." GETTY IMAGES

Does incorporating high theatrics into your shows mean you have to compromise spontaneity?

I like being the artist that can be like that, where it's not so precious. I think we're living in a time where of course there's pressure for me to become a theatrical production like Glee or something and for my show to become a well-organized, choreographed thing like a pop show.

It's like, "The pressure's on, bitches." Everybody's sort of supposed to become that thing. At least that's what's considered good entertainment. So if you're bringing something to the table that's more about the energy and the vibe of what's going on that night, then it's difficult, but I might try to figure that out and see about that.

With Matangi, you liken yourself to the Hindu goddess who gives the album its title. Could this idea of finding god within yourself be a trend in the collective consciousness of artists? Kanye West certainly explores it on the Yeezus album.

I didn't really come at it like that because the journey to do with me is using exactly the same set of codes, but telling a different story with it. It's not a newly constructed set of codes. It's exactly the same one as the first album and the second one, and the third one and the fourth one, whereas with Kanye, the album before he says he's Jesus is about complete excess and being a king and royalty and money and wealth and having fur coats and flying a private jet, so the next one is a totally different concept.

But mine is more of a progression because it's like you're still working on the concept of the name of M.I.A. and what that stands for and people representing untouchables and people that live in a certain demographic, and you're still talking about fighting for things. The deity is still somebody who looks and sounds like a woman who goes out there and fights for truth and justice, speaking out and freedom of expression, all of these things which have always been a theme in my work.

How did you come to know of Matangi? Was it something you grew up with in your culture?

It wasn't really something that I felt that connected to. … I sort of fell upon it. Everything sort of works like that. It's about your experience and it's about what you're doing in the day, and the things that concern me in my life. I'm just directing my first video for Double Bubble Trouble, and even that process is exactly the same; you walk down the street, you see something and shoot it, and it goes in the video.

DVD review

Labor Day

Director. Jason Reitman

Stars. Kate Winslet, Josh Brolin, Gattlin Griffith

A lonely single mom (Kate Winslet) getting her groove back through the Mr. Clean ministrations of a prison escapee (Josh Brolin) is the kind of eye-rolling scenario writer/director Jason Reitman would usually mock.

And the laughs would be welcomed, not the unintended kind that this glossy melodrama frequently summons.

The two fine actors are defeated by Reitman's screenplay, his irony-free adaptation of Joyce Maynard's 2009 novel. It's as overripe as the peaches that Brolin's Frank sexily folds into the pie he bakes for Winslet's Adele.

Set in 1987 (but so 1950ish) in a small New Hampshire town, the movie clangs like a broken bell almost from the get-go.

At no point does it convince us that Frank is the least bit dangerous. Fatally, neither does it make us care about whether he and Adele will go from doing the rumba in the living room to the horizontal mambo in the bedroom.

PETER HOWELL

SCENE

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The Leftovers. Premiere pushed back

HBO is postponing the premiere of new suspense series The Leftovers by two weeks, to June 29. To make up for the delay, however, the premium cable network has released the show's first full-length trailer.

Developed in part by Lost co-creator Damon Lindelof, The Leftovers takes place three years after an unexplained phenomenon in which two per cent of the world's population disappeared without a trace.

The series will focus in particular on the residents of Mapleton, a small town traumatized by these sudden and unexplained disappearances. As the town comes together to commemorate the anniversary of the tragedy, the demands of a cult-like group aggravate tensions and place the town in a state of maximum alert.

In the central role of the drama's ensemble cast, Justin Theroux (Wanderlust) plays a police chief seeking to maintain some semblance of normality in Mapleton.

Theroux will be joined on the set by Liv Tyler (The Lord of the Rings) in the role of Meg, a young woman looking for an escape from her marriage, who becomes an ideal target for the members of a satanic cult. AFP

Justin Theroux will star in the new HBO series The Leftovers. GABRIEL BOUYS/AFP PHOTO

On the Run Tour

Beyoncé and Jay Z to co-headline summer U.S. tour

Jay-Z and Beyoncé. THE ASSOCIATED PRESS FILE

Beyoncé and husband Jay-Z will co-headline their On the Run Tour, launching on June 25 in Miami.

Beyoncé made the announcement Monday. The stadium tour will visit Philadelphia; East Rutherford, N.J.; Chicago; and Los Angeles. It wraps Aug. 5 in San Francisco.Pre-sale tickets go on sale Tuesday.

Beyoncé and Jay-Z have collaborated on a number of songs, including the hits Crazy In Love, '03 Bonnie & Clyde, Deja Vu, Part II (On the Run) and the recent smash Drunk In Love. THE ASSOCIATED PRESS

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MGMT 169	Project Document Control	May 15
PHOT 245	Wedding Photography	May 15
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PHOT 222	Photoshop for Photographers	May 21
PHOT 250	Close-up Nature Photography	May 21
PHOT 250	Close-up Nature Photography	May 22
AUDI 212	Studio Recording	May 24
CMPN 244	Webpage Design Dreamweaver	May 26
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Film

Sofia Coppola, Willem Dafoe on Cannes jury

U.S. film director Sofia Coppola and actors Gael Garcia Bernal and Willem Dafoe will join Jane Campion next month on the Cannes film festival jury, organizers said Monday. Coppola, whose second feature film Lost in Translation was nominated for four Oscars, is no stranger to the festival.

The 42-year-old's third film Marie-Antoinette competed at the festival in 2006 and The Bling Ring opened the new talent section last year. Mexico's Bernal shot to fame with his role in the Oscar-nominated film Amores Perros and his role as a young Che Guevara in The Motorcycle Diaries earned him a BAFTA nomination.

U.S. veteran actor Dafoe has acted in some 80 films — the most recent being The Grand Budapest Hotel — and was twice nominated for an Oscar.

Also part of the jury will be Chinese director Jia Zhangke, whose gritty depiction of life in the Middle Kingdom has won him acclaim but also drawn the ire of the country's censors.

The jury, headed by New Zealand director Campion, will award the coveted Palme d'Or to one of the 18 films in competition at the May 14-25 festival. AFP

Sofia Coppola. AFP PHOTO

Keira Knightley, left, and Adam Levine arrive at the premiere of Begin Again at the Tribeca Film Festival on Saturday in New York. EVAN AGOSTINI/THE ASSOCIATED PRESS

Begin Again. Knightley singing? Levine acting? New movie lands stars in unfamiliar territory

For Keira Knightley and Adam Levine, filming the movie Begin Again was an experience of firsts.

Knightley, an accomplished actress, sings in the movie, whereas Levine, frontman of the band Maroon 5, acts. The two admitted that leaving their comfort zones made them uneasy, but that they related to each other's nerves.

"I kept telling her she was great and she wouldn't believe me, and she told me that I wasn't bad at acting, either, but I didn't believe her, so it was perfect," Levine said Saturday as the film closed the Tribeca Film Festival.

"I was completely terrified," Knightley, 29, said of her singing. "I didn't anticipate being as frightened as I was. I said yes to doing it, and I was, 'Oh, it's gonna be fine, it's gonna be fine,' and then suddenly I found myself in a studio with real people who did it for a living and I was like, 'I don't know what I'm doing. I'm pretending.'"

To walk a red carpet for his first acting role, Levine, 35, said he was "blown away." He says he enjoyed the experience so much he might have caught the acting bug.

Quoted

"I kept telling her she was great and she wouldn't believe me, and she told me that I wasn't bad at acting, either, but I didn't believe her." Adam Levine

"My experience was so much fun.... It made me kind of start to like it a little bit, but I don't know. I don't think you can really make those bold declarations, but we'll see," he said.

So how did the two grade each other? Knightley called Levine a "natural entertainer" who was "sensational in this film." Levine, who serves as a judge and mentor on singing competition show The Voice, said that if Knightley were to audition he would want her on his team. THE ASSOCIATED PRESS

There's beauty in being the bad guy

The Sheik.
New documentary tells the story of a man from Tehran who became wrestling's most infamous villain

ADAM NAYMAN
scene@metronews.ca

The Iron Sheik was a body guard for the Shah's family in his younger years. CONTRIBUTED

On Twitter, where he has more than 400,000 followers, The Iron Sheik is exactly the sort of holy terror that he was during his glory days in the wrestling ring.

He'll pick a fight with anybody, including Rob Ford.

But in real life, Khosrow Vaziri is a soft-spoken man whose pride in his legendary alter ego's wrestling exploits is tempered by a winning humility.

Both sides of Vaziri's personality are on display in The Sheik, an affectionate yet surprisingly intense documentary about his life in and out of the squared circle.

"I was happy that somebody wanted to make a [movie] about me," says the 72-year-old Tehran native, who was a bodyguard for the Shah's family before earning his stripes as both a decorated amateur and boldly infamous professional wrestler.

"It was something new for me."

Produced by Vaziri's longtime friends and managers Page and Jian Magen — who turned to crowd-sourcing in order to fund the production and plan to distribute it digitally as well as theatrically — and directed by Igal Hecht, The Sheik is a personal profile with a political undertone,

In it, Vaziri speaks candidly about exploiting his heritage to become, in his words, "the most hated wrestler in the world."

"Sometimes I had so much heat that people would throw things into the ring," he says with a smile.

"They would have to sneak me to my hotel in an ambulance because people were waiting outside the arena."

And yet despite playing his villainous foreigner role to the hilt, Vaziri was well-liked and respected by his fellow WWE wrestlers, who he says never betrayed any of the same xenophobic attitudes of the fans.

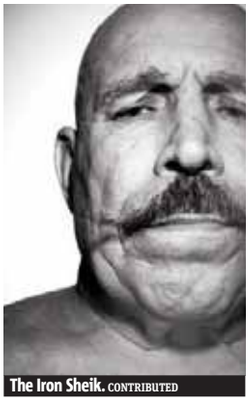
"In the old days, we tried to show the fans that wrestling was real," he explains.

"Good guys would go to one locker room, and bad guys to another. Some guys wouldn't even admit to their wife that it was all 'work.'"

There is material about Vaziri's family and personal life in The Sheik, and not all of it is flattering — he's battled drug addiction since the shocking death of his eldest daughter in 2003 — but he says that he was OK with it being a balanced portrait.

"Some of it was maybe not good for me.

"My family didn't like some things, but in the end, the story was told," he says.



The Iron Sheik. CONTRIBUTED

Quoted

"Some of it was maybe not good for me. My family didn't like some things, but in the end, the story was told."

The Iron Sheik on the new documentary The Sheik.

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Details of Geldof's death may come to light as inquest begins

Peaches Geldof

A British coroner will open an inquest this week into the death of Peaches Geldof and may reveal details of what killed the 25-year-old celebrity.

Kent County Council says a brief inquest hearing will be held Thursday. The council said in a statement Monday that a senior police officer will read a statement and the coroner will release the results of a post-mortem investigation.

The model and TV personality, daughter of Live Aid organizer Bob Geldof, was found dead at her home south of London on April 7. An initial autopsy was inconclusive and toxicology tests have been carried out.

Inquests are held in Britain to determine the facts in sudden, violent or unexplained deaths.

After the opening hearing, the inquest will be adjourned until later in the year.

THE ASSOCIATED PRESS

Katy Perry ALL PHOTOS GETTY IMAGES

I kissed a DJ and I liked it: Has Katy danced her way from John to Diplo?

Well, that was quick. Katy Perry finally confirmed her split from John Mayer last week, and now it seems she's already moved on — with DJ and producer Diplo. The two were spotted having dinner together before heading to the New York premiere of The Amazing Spider-Man 2, according to TooFab, and while they reportedly did their best to avoid being photographed together, sources say they were seen leaving together, taking off in the same SUV. Perry and Diplo were previously seen enjoying each other's company at the Coachella music festival earlier this month. "It was very obvious that Katy and Diplo were together," a source told Page Six of that sighting. "They seemed inseparable, and at one point they were seen getting onto her bus together."

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It's Hardy to be sure if this guy got hitched

Tom Hardy

Tom Hardy is apparently trying to get adjusted to married life before actually tying the knot, as he's been perplexing reporters recently by already referring to fiancée Charlotte Riley as his wife despite the fact that they haven't actually tied the knot yet, according to Us Weekly. "Well, my wife is an actor as well, so she sort of gets it," Hardy told the magazine at a recent event to promote his new film, Locke, in New York. "Apart from that, I'm a pain in the ass, really." Hardy also referred to Riley as "pure" and "very kind." The couple met while filming Wuthering Heights in 2009 and were engaged a year later. No wedding date has officially been set yet — assuming the event hasn't already happened.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Look at that hair, look how it shines on Styles...

MELINDA TAUB
Metro World News

Now that Chris Martin and Gwyneth Paltrow are consciously uncoupled, let's all try to guess who Martin will couple with next. How about One Direction heartthrob Harry Styles?

The Coldplay frontman says he's a huge fan of One Direction — Styles in particular. "I'm saying One Direction are brilliant, and I'm not kidding. You know why? Because their songs are really good and I don't think that any of them are going to go solo," he told the BBC.

Chris doesn't just admire their musical prowess and comradeship: He also, like all humans with a pulse, thinks Harry Styles is cute as all get out.

"He has come to a couple of our shows. I think I probably said the same thing about chemistry. I can't remember — I was too enamoured with his haircut. I was like this: 'I was pretty sure I was a straight guy before.' I was having a hot flush," he said.

Good to know that Harry Styles' stupid adorable floppiness works on adults who should be even less susceptible than me. However, Chris Martin does have a 10-year-old daughter, so he'd better be discreet about his affection or he might find himself in a Tumblr feud with Apple.

Feel full, not fat

Being hungry and being on a diet are two very different things. Dr. Joel Fuhrman, a nutritionist and author of Eat to Live, breaks down whole foods that will fill you up and do you good.

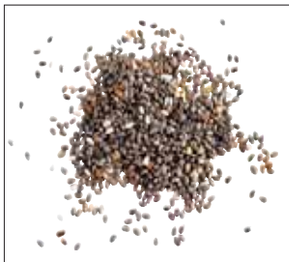
ROMINA MCGUINNESS, METRO WORLD NEWS
Nutrition data from My Fitness Pal

Red kidney beans (cooked, 100 g)

WHY: "Beans are digested slowly, stabilizing blood sugar levels and reducing feelings of hunger. They're also high in resistant starch, a type of carbohydrate that is not absorbable by the body as calories."
Calories: 32 / Total fat: 0 g / Sugars: 5 g / Protein: 1 g / Dietary fibre: 2 g / Total carbs: 8 g

Strawberries (chopped, 100 g)

WHY: "Naturally sweet and low in sugar, strawberries don't raise blood glucose levels like a banana or date would."
EAT ABOUT: 200 g
Calories: 32 / Total fat: 0 g / Sugars: 5 g / Protein: 1 g / Dietary fibre: 2 g / Total carbs 8 g



Chia seeds (100 g)

WHY: "These act like a fat sponge in the digestive tract."
EAT ABOUT: 2 tbsp
Calories: 490 / Total fat: 31g / Sugars: 0g / Protein: 16g / Dietary fibre: 38g / Total carbs: 44g

Walnuts (raw, 100 g)

WHY: "These are rich in omega-3 fatty acids, a natural anti-inflammatory. Walnuts also contain plant sterols, which bind fat and put it in your stool so that the calories are not biologically available to the body."
EAT ABOUT: A handful
Calories: 654 / Total fat: 65 g / Sugars: 3 g / Protein: 15 g / Dietary fibre: 2 g / Total carbs: 14 g

Tomatoes (raw, 100 g)

WHY: "Tomatoes are high in the carotenoid antioxidant lycopene. Lycopene helps to defend the body's tissues against oxidative damage, a natural by-product of our metabolic processes."
EAT ABOUT: The more the better
Calories: 32 / Total fat: 0g / Sugars: 3 g / Protein: 1 g / Dietary fibre: 1 g / Total carbs: 3 g

Broccoli (raw, 100 g)

WHY: "Dark green vegetables are packed with nutrients and are so low in calories that they can be consumed in virtually unlimited quantities."
EAT ABOUT: The more the better
Calories: 39 / Total fat: 1 g / Sugars: 2 g / Protein: 4 g / Dietary fibre: 3 g / Total carbs: 2 g

Mushrooms (raw, 100 g)

WHY: "They contain powerful angiogenesis inhibitors. In other words, they prevent new blood vessel growth that is needed for fat tissue growth."
EAT ABOUT: 20 g
Calories: 22 / Total fat: 0 g / Sugars: 2 g / Protein: 3 g / Dietary fibre: 1 g / Total carbs: 3 g

Blueberries (frozen, 100 g)

WHY: "These are a good source of dietary fibre and have a low glycemic load (the impact of carbohydrates on blood sugar levels)."
EAT ABOUT: 120 g
Calories: 51 / Total fat: 1 g / Sugars: 8 g / Protein: 0 g / Dietary fibre: 3 g / Total carbs: 12 g

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See that symbol? It means you can scan the photograph below with your Metro News app to see a video of Theresa Albert learning about goats milk cheese

Just add cheese for pancakes 2.0

Health Solutions

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NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

Sheep's and goat's milk cheese are a staple all over the world. Canadians have a lot of exploring ahead of us.

Some of the benefits of these delicious options:

• People with dairy digestive issues tend to have an easier time getting the goodness of milk without the downsides of their intolerance.

• Milking sheep and goats have a much higher CLA (conjugated linoleic acid) amount. CLA is a good fat that is believed to help keep weight gain at a minimum.

• Sheep's milk has almost twice the calcium *and* protein of cow or goat milk.

• Both have unique and distinct tastes that can be made into any type of cheese: soft, washed rind like brie, or aged like cheddar.

I had the chance to milk sheep and I was surprised by how clean, gentle and sweet-smelling they were.

That warm, soft smell comes from a wax that their skin produces called lanolin. Yep, the same lanolin that you see as an ingredient in your hand cream.

Small sheep and goat farms are dotted across the country, producing artisan cheeses that are sold onsite or in small boutique and farmers' markets. Well worth seeking out. **THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM**

Soft sheep's ricotta or goat chèvre work equally well in this recipe. If you choose goat cheese, you'll have more zing!

Pancakes are not just sweet food anymore. Think of French crepes It's real comfort food.

1. Mix together pancake mix, ground almonds, wheat germ, garlic powder, white pepper with a whisk. Mix eggs, ricotta and milk.

2. Mix the two together while you heat a skillet.

Ingredients

- 2 cups pancake mix or gluten free pancake mix
- 1/2 cup ground almonds
- 1/2 cup wheat germ (omit if gluten free)
- 1 tsp garlic powder
- pinch white pepper
- 3 eggs
- 6 oz ricotta cheese, divided (or any soft sheep or goat cheese)
- 3 cups milk or goat milk
- mango chutney

This makes four to six servings. THERESA ALBERT

3. Fry like pancakes on one side until bubbles form, flip once. Top with extra cheese and mango chutney. **THERESA ALBERT, NUTRITIONIST, IS FOUND DAILY AT MYFRIENDINFOOD.COM**

Unconventional duo

This refreshing Avocado Cucumber Salad with Chia Yogurt Dressing is perfect with added protein at lunch. The chia seeds help the orange juice infused dressing thicken as it marinates.

Ingredients

- 1 large ripe avocado
- 1 each red and yellow pepper, chopped
- 1 small English cucumber, chopped

Orange Chia Dressing

- 1/2 cup (125 ml) Florida orange juice
- 1/4 cup (60 ml) plain Greek 0% yogurt
- 2 tbsp (30 ml) chopped fresh cilantro or mint
- 2 tsp (10 ml) chia seeds
- 1 small clove garlic, minced
- 1 tsp (5 ml) each Dijon mustard and granulated sugar
- 1/4 tsp (1 ml) salt

1. Peel and pit avocado. Chop avocado and combine with peppers and cucumber into a large bowl.

2. In a small bowl, whisk together Florida orange juice, yogurt, cilantro, chia seeds, garlic, mustard, sugar and salt. Pour over vegetables and toss to coat; let stand for 15 minutes before serving. **NEWS CANADA**

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Matzo and herb roasted chicken

This recipe serves six. MATTHEW MEAD/ THE ASSOCIATED PRESS

Ingredients

- 2 tbsp olive oil, plus extra
- 1 medium yellow onion, diced
- 4 stalks celery, finely chopped
- 4 oz button mushrooms, sliced
- 2 tbsp chopped fresh oregano
- 2 tbsp chopped fresh parsley
- 1 tbsp chopped fresh thyme
- 1 tsp dried basil
- 5 sheets (5 oz) salted matzo, crumbled
- Chicken broth
- Kosher salt and ground black pepper
- 5-lb whole chicken

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Why is it that we only stuff poultry one day a year?

Let's face it: Stuffing takes an already delicious dish — roasted poultry — and makes it even more so by adding flavourful, fat-soaked carbs to the mix.

Yet outside of Thanksgiving, few of us ever think to stuff and roast a bird.

Admittedly, most of us don't have the time to prepare a stuffed turkey on a weeknight. But why not try a chicken?

The beauty of a roasted chicken is that aside from about 15 minutes prep, nearly all of the time is hands off.

And we can keep the roasting time itself pretty minimal by spatchcocking the chicken (cutting out the backbone and roasting the bird flat) before stuffing and roasting it.

Since I was tired of the same old stuffing choices, I decided to play around with a matzo-based herb stuffing.

But if you'd rather stick with a more traditional stuffing base, the same technique works just as well.

1. Heat your oven to 400F (200C). Coat a 13-by-18-inch baking pan with cooking oil.

2. In a large skillet over medium-high, heat the olive oil.

3. Add the diced yellow onion, finely chopped celery and sliced button mushrooms and cook until lightly browned, 5 to 7 minutes.

4. Add the fresh oregano, fresh parsley, fresh thyme and basil and cook for another minute. Add the crumbled salted matzo.

5. Stir everything well, sprinkling in just enough broth to make a moist stuffing, about 1/2 cup.

6. Season the stuffing with salt and pepper, then spread the stuffing evenly in the prepared baking pan.

7. Place the chicken on the cutting board with the breast down. On one side of the backbone, use kitchen shears to carefully cut from the neck hole down the length of the backbone and out the rump. This will require a little effort, but the shears should cut through the bones without too much difficulty.

8. Repeat the cut along the other side of the backbone, removing and discarding it.

9. Spread open the chicken, exposing the cavity, then overturn the bird and set it over the stuffing in the pan. Season under the skin with salt and pepper. Rub the outside of the skin with olive oil, then season with salt and pepper. Roast the chicken for 1 hour to 1 hour and 10 minutes, or until a thermometer inserted in the thigh reads 165°F . If the chicken browns too quickly, cover it with foil. THE ASSOCIATED PRESS

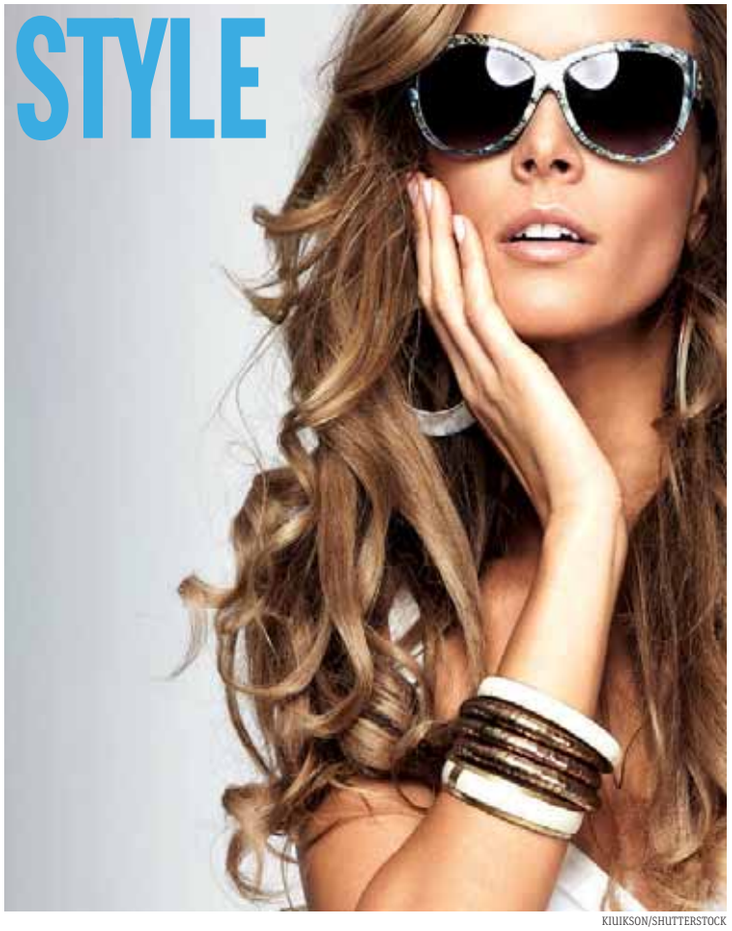
Matzo prep

Matzo dough is quickly mixed and rolled out without an autolyse step as used for leavened breads. Most forms are pricked with a fork to keep the finished product from puffing up, and the resulting flat piece of dough is cooked at high heat until it develops dark spots, then set aside to cool and to harden to crispness.

Dough begins the leavening process 18 minutes from the time it gets wet; sooner if eggs, fruit juice, or milk is added to the dough. The entire process of making matzo takes a few minutes in modern matzo bakeries.

After baking, matzo may be ground into fine crumbs.

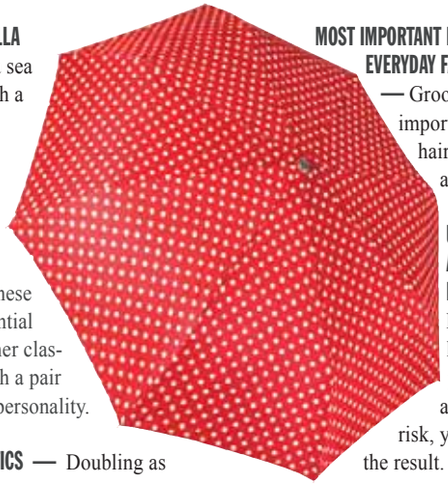
SHOWCASE YOUR STYLE



KIUIKSON/SHUTTERSTOCK

No matter whether you are updating the clothes in your closet or sprucing up your home decor, the objective is to showcase your personal style. Isaac Mizrahi, an award-winning designer and fashion icon, knows all about style. Here is a list of everyday items and top tips that can also bring out your inner style:

PERSONALIZED PHONE CASE — Why not take your cellphone from functional to fabulous with a colourful case? With hundreds of options, it's easy to make your phone reflect your individual style.



PATTERNED UMBRELLA — Stand out in a sea of drab black with a colourfully patterned umbrella. It even doubles as a fun fashion accessory.

SUNGLASSES — These are the quintessential accessory. Whether classic or fun, go with a pair that shows your personality.

RIBBON HAIR ELASTICS — Doubling as stylish arm candy, these handy hair ties are perfect for crazy hair days.

MOST IMPORTANT ESSENTIALS FOR EVERYDAY FASHION STYLE — Grooming is always important. A fresh haircut completes any look.

USE COLOUR AND PATTERNS EFFECTIVELY — Mizrahi says he loves mixing prints. Don't be afraid to take a risk, you might love the result. – *News Canada*

CONTRIBUTED

REDUCE YOUR ENVIRONMENTAL IMPACT

Rewind Consignment Clothing and Better On You make designer labels affordable while reducing the impact on the environment.

"Sustainability in fashion is all about making choices that are better for our world when it comes to shopping and choosing what we wear," says Krista Hopfauf, owner of Rewind Consignment Clothing and Better On You.

"By choosing garments that are made with less impact on the environment and in fair trade working conditions, you are helping to reduce waste and improve the quality of lives, therefore creating a healthier more sustainable place to live."

Shopping consignment is a sustainable retail option when it comes to reducing one's footprint on the environment because you are supporting the recycling movement and/or investing in better quality garments that will last longer.

Rewind Consignment Clothing is located at 1002 Macleod Trail SE and carries locally made unique accessories, new Canadian labels and a variety of women's clothing and accessories on consignment.

Better On You, located at 1222 8th St. SW, carries trendy and premium labels on consignment for both men and women.

"Come see what consignment is all about and get 25 per cent off your first purchase," Hopfauf says.

For more information, visit rewindconsignment.com and betteronyou.com.

CONTRIBUTED PHOTOS

FEEL BRIGHT, ALIVE AND FRESH

SWIZZLESTICKS SALONSPA

Fashion and trends are always changing, but rest and relaxation never go out of style.

While everyone deserves a little timeout to recharge, this May no one deserves it more than mom.

One of the best ways to show mom you care is by sending her off to a day at the spa.

Help mom step into spring with a Lemon Chiffon Spa Experience at SwizzleSticks SalonSpa.

"The Lemon Chiffon service will exfoliate and remoisturize your skin, making you feel refreshed and recharged," says Brianna Hallet, CEO of SwizzleSticks SalonSpa. "This is a perfect gift for any mothers out there who haven't taken any time for themselves lately."

For Mother's Day, SwizzleSticks is offering the Lemon Chiffon Body Ritual for just $139 (regular $169), with this offer marking the relaunch of its Lemon Chiffon line.

"The demand was so great that it's going to be a permanent feature in our spa menu," Hallet says.

Lemon Chiffon pedicures are also available.

Spa days are not just for mom. Consider joining her for the day and indulge yourself at this world-class salon/spa.

As you enjoy your spa treatment, consider exploring one of the many other fresh new trends for spring offered at SwizzleSticks.

"This spring is all about fresh new colours," says Hallet, who recommends adding a little pink in your life, calling pink the "it" colour of the season. "Pink is the new black."

There are a number of ways to freshen up your look at SwizzleSticks, such as adding some pink to your nails with a manicure, or by adding a hint of pink to your locks with a pink flash or ombre.

Also on the hot list this year is a fun, fresh new haircut called the "shixie" (shag/pixie). "People are ready to feel bright, alive and fresh," Hallet says.

SwizzleSticks SalonSpa is located at 1211 Kensington Rd. NW. The hours of operation are: Monday — 11 a.m. to 7 p.m. (spa is closed); Tuesday — 9 a.m. to 6:30 p.m. (spa is closed); Wednesday — 11 a.m. to 7:30 p.m.; Thursday and Friday — 9 a.m. to 7:30 p.m.; Saturday — 8 a.m. to 4:30 p.m.; Sunday — 9 a.m. to 5 p.m.

For more information, visit swizzlesticks.com.

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Flames president of hockey operations Brian Burke, left, introduces Brad Treliving as Calgary's new GM on Monday. LARRY MACDOUGAL/THE CANADIAN PRESS

From the desert to a playoff drought

NHL. After years as assistant in Arizona, Treliving says he's ready for challenges in Calgary

After seven years of learning the ropes in Phoenix, Brad Treliving says he's ready to return home and take the reins of an NHL team in a hockey-mad market.

The Flames announced Monday that Treliving, a former assistant general manager with the Coyotes, will take over the vacant GM spot in Calgary.

"I'm ready for this," Treliving said. "I know the challenges here we have ahead of us as a team … I know the expectations of this market. I know the expectations of this fan base. And I want you to know I'm prepared for this and I'm ready for this challenge."

Team president of hockey operations Brian Burke officially announced the hiring at an afternoon news conference.

"Make no mistake about it folks, Brad is the general manager of this team, effective right now," Burke said, adding that Treliving was the only candidate the Flames interviewed.

"It's important people understand that. It speaks volumes for what we think of Brad as a general manager," Burke said.

Treliving, a native of Penticton, B.C., referred to himself a "proud Western Canadian" and said he welcomed the move.

"In a lot of ways I look at this as a homecoming," the 44-year-old said. "Coming in yesterday, seeing the Rocky Mountains … I appreciate Brian and (Flames president and CEO Ken King's) hospitality. You got rid of the snow for a guy who's had his blood thinning in the desert the past few years."

Treliving is also assistant GM for Team Canada at the IIHF world championship. He previously served as president of the Central Hockey League and president and director of hockey operations for the Western Professional Hockey League, which he founded.

THE CANADIAN PRESS

Flame outs

5

The Flames missed the playoffs for the fifth straight season after finishing with a 35-40-7 record for 77 points. Calgary was 13th in the Western Conference standings.

Geno nets hat trick

Malkin leads Pens in shedding Jackets

Evgeni Malkin had a hat trick and the Pittsburgh Penguins almost blew a four-goal lead before beating the Columbus Blue Jackets 4-3 on Monday night to clinch their first-round playoff series in six games.

The Blue Jackets scored three times in a 4:52 span in the third period to turn up the pressure on the Penguins.

Pittsburgh awaits the winner of the New York-Philadelphia series, with the Rangers leading 3-2 going into Tuesday night's Game 6.

Brandon Sutter also scored as the Penguins became the first team in the series to score first and win — but barely.

Fedor Tyutin, Artem Anisimov and Nick Foligno scored for Columbus.

THE ASSOCIATED PRESS

Going back to Denver

Parise's 4-point night helps Wild force Game 7

Zach Parise scored early and late on tipped shots, and the Minnesota Wild tacked on two empty-net goals for a 5-2 victory over the Colorado Avalanche on Monday night that sent the first-round playoff series to a decisive Game 7.

Parise and Mikko Koivu each had two assists. The teams will meet again in Denver on Wednesday night, with the winner taking on the defending Stanley Cup champion Chicago Blackhawks in the Western Conference semi-finals. THE ASSOCIATED PRESS

Lucic loves the heat from playoff hate

Enemy No. 1. Bruins forward relishing role as villain after spearing Red Wings' DeKeyser in first round

Milan Lucic, right, of the Bruins celebrates scoring a goal against the Red Wings with teammate Jarome Iginla during Game 5 of their first-round playoff series in Boston on Saturday. Lucic is shaping up to be a formidable villain this playoff season but he certainly wouldn't be the first. Scan the above image with the Metro News app to view a gallery of hockey's greatest villains. JARED WICKERHAM/GETTY IMAGES

According to fans at Joe Louis Arena, "Lucic sucks."

The chants rained down from the sellout crowd during Game 4 last week, animosity built up after Milan Lucic speared Detroit Red Wings defenceman Danny DeKeyser and because of the way the Boston Bruins winger plays on the edge between the whistles and after.

Then Lucic scored the tying goal, silencing the building and helping the Bruins take a commanding lead in the series they wrapped up Saturday. Asked if the chants made scoring that goal more satisfying, the Vancouver native just smiled.

"I'd be lying if I said no," he said. "I mean, any athlete would be lying if they said it doesn't. It was good to get that one."

Lucic fits the bill as the perfect playoff villain, and certainly not just in Detroit. His role as a hated opponent is sure to ramp up in the second round against the Montreal Canadiens as part of an intense rivalry where tempers tend to flare.

Last month Lucic called Habs defenceman Alexei Emelin a "chicken" for delivering a low hip check on him. This is the fourth series in the past seven years between Boston and Montreal, and given fans' and players' long memories, that remark won't be forgotten when the teams take the ice at Bell Centre for Games 3 and 4.

That's OK with Lucic, a player who seems to thrive when being booed and heckled.

"That's the beauty of sports: The fans get into it and it's what makes it fun as well, especially in a playoff series type of atmosphere," the 25-year-old said last week in Detroit. "You can't let it get the best of you. You want to try to get out there and create that satisfaction for yourself and come up with a big play."

Lucic came up with a handful of big plays as the Bruins dispatched the Red Wings in five games. He had three goals and an assist combined with just one minor penalty.

No penalty was called on Lucic for deliberately spearing DeKeyser in the groin area from behind in Game 1, and he was not suspended. Instead, the NHL fined him $5,000.

THE ASSOCIATED PRESS

Takes one to know one

"He just runs around out there, he's a force in himself. He's a great guy to have on our team."

Brad Marchand, on his Bruins teammate Milan Lucic.

NBA playoffs. Doc Rivers passes on chance to talk with Donald Sterling

Doc Rivers THE ASSOCIATED PRESS

Los Angeles Clippers coach Doc Rivers said he declined a chance to speak with owner Donald Sterling, who is alleged to have made racist comments in a recorded conversation.

"I was asked (if) I need to talk with Donald, and I passed, quite honestly," Rivers said Monday. "I don't think right now is the time or the place, for me, at least. I just took a pass."

Sterling is purported to have told a woman not to bring black people to his games or associate with them.

"Yeah, I believe he said those things. But I still want to make sure," Rivers said during a conference call. "As far as believing those things? I heard what he said. Until someone tells me differently, you usually listen to what people say. I haven't given him his due process. I haven't given him an opportunity to explain himself and quite honestly right now I don't want him to. I want to wait for that further judgment."

The coach cancelled practice Monday, a day after a 118-97 loss to the Golden State Warriors that evened their playoff series at 2-2.

THE ASSOCIATED PRESS

NBA playoffs. Hawks one win away from upsetting top-seeded Pacers

Game 4

Hawks	Pacers
107	97

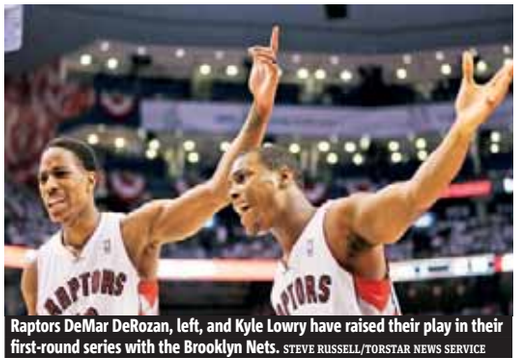
Mike Scott made five three-pointers during a 30-6 second-quarter run Monday night, and the Atlanta Hawks fended off a furious fourth-quarter rally to beat top-seeded Indiana 107-97 and take a 3-2 lead in the best-of-seven series.

Atlanta can clinch the first-round series at home Thursday.

Scott scored all 17 of his points during an incredible 12-minute stretch when Atlanta went 13 of 16 from the field and outscored Indiana 41-19 to take a 61-40 halftime lead. The Hawks and the 1970 Milwaukee Bucks are the only road teams in the shot-clock era to score at least 40 points and allow fewer than 20 in any quarter of a playoff game.

Paul George had 26 for Indiana. THE ASSOCIATED PRESS

Raptors fighting through pain to gain experience



Raptors DeMar DeRozan, left, and Kyle Lowry have raised their play in their first-round series with the Brooklyn Nets. STEVE RUSSELL/TORSTAR NEWS SERVICE

Toronto Raptors head coach Dwane Casey used words like "growing," "adjusting" and "learning" frequently throughout a 30-minute conference call with reporters Monday.

His young team is soaking up the NBA playoff experience and showing the Brooklyn Nets that they won't be push-overs at the same time.

What Casey's squad lacks in experience, it makes up for in effort. That was on display as Toronto showed its mettle in Sunday's 87-79 road win that tied the first-round series 2-2.

The Raptors are focused on this spring but they're also trying to build a foundation for long-term success.

"We're a young team, nobody expected us to be here," Casey said. "Every experience is a new experience for us. Guys are growing in every situation."

After a jittery start, Toronto has held its own against a Brooklyn lineup featuring Kevin Garnett, Joe Johnson, Paul Pierce and Deron Williams.

The Raptors are banged up and have had to go deep into their bench over the first four games.

Among the starters, Kyle Lowry has been hobbled by a sore knee and Amir Johnson has had ankle problems. Patrick Patterson was "a little gimpy last night," according to Casey, who added that Landry Fields (back) was "feeling much better."

"We're nicked up, banged up a little bit but nothing that we know of that's major right now," Casey said.

THE CANADIAN PRESS

Canada tunes in

Game 4 was a ratings hit for TSN. Overnight data from BBM Canada indicated an average audience of 885,000 viewers watched the game.

- It was the second most-watched Raptors game ever, just behind the team's Game 7 second-round loss to Philadelphia in 2001, the network said in a release.

Horoscopes

♈ Aries
March 21 - April 20
You will be quick off the mark both physically and mentally today, especially if you see a chance to make some money.

♉ Taurus
April 21 - May 21
You feel like you can take on the world and win – and most likely you can. Today's eclipse in your sign endows you with the confidence to try things that at others times might scare you.

♊ Gemini
May 22 - June 21
You are paying far too much attention to what other people are saying and not enough to what your heart is telling you. You just need follow your own inner voice.

♋ Cancer
June 22 - July 23
Something you have been worrying about for ages won't bother you any more. Most likely that is because you are starting to focus on issues that really matter rather than issues that are of no importance.

♌ Leo
July 24 - Aug. 23
Today's solar eclipse in the career area of your chart will give you the energy and the confidence to put yourself forward and let people in positions of power and authority know you are special.

♍ Virgo
Aug. 24 - Sept. 23
Voices may be raised over the next 24 hours but if you adopt the right attitude it will pass by and leave you unscathed. What you need most right now is a sense of humour.

♎ Libra
Sept. 24 - Oct. 23
There is no point arguing with people who simply refuse to see sense. It may be tempting to show them up with your knowledge but why bother?

♏ Scorpio
Oct. 24 - Nov. 22
You will be extremely energetic today but the solar eclipse in your opposite sign of Taurus means you cannot expect to get everything your own way. Some of your rivals are every bit as relentless as you.

♐ Sagittarius
Nov. 23 - Dec. 21
You may find it hard to be patient today but stay in control and don't let your temper get the better of you. The planets warn if you get annoyed you could do yourself harm.

♑ Capricorn
Dec. 22 - Jan. 20
You can expect some kind of breakthrough over the next 24 hours, the kind you will remember for years to come. Whatever it is you dream of you know it can be done.

♒ Aquarius
Jan. 21 - Feb. 19
Make sure you get the up front support of loved ones before embarking on a new course of action. Try to persuade them that what you desire will also be good for them.

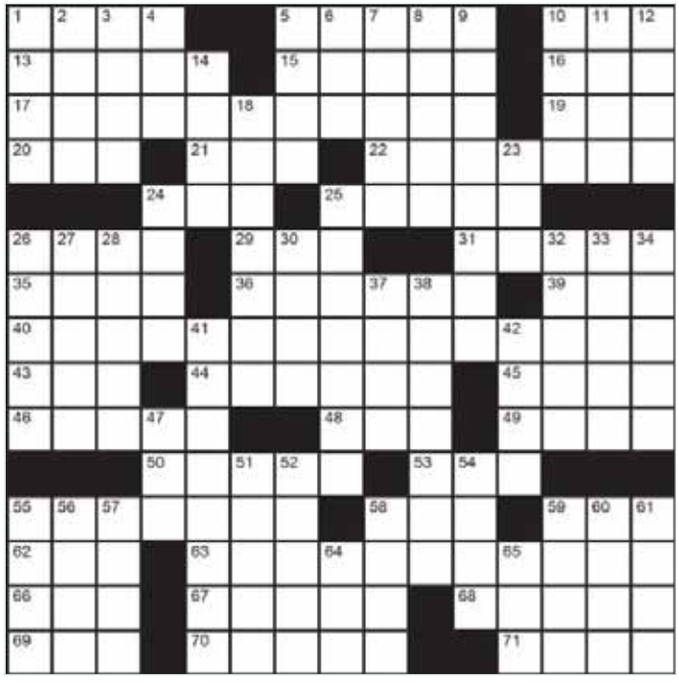
♓ Pisces
Feb. 20 - March 20
The message of the stars today is that you need to stop wasting time on so many irrelevant activities. Cut back on the partying and all those unnecessary commitments.

SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN



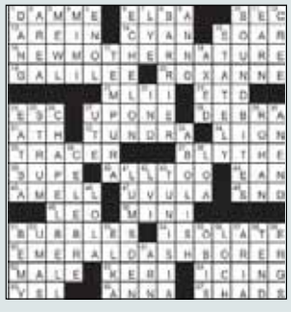
Across

1. Toronto electronic music duo, __ Dead
5. 'Great'-meaning prefix to 'fy' or 'ficent'
10. Financial exec's degree
13. Mr. Flynn
15. Ozone-damaging refrigerant
16. 'Eight' ender
17. Mariner's mercantile mission mapways: 2 wds.
19. __ fashioned
20. Nova Scotia hrs.
21. Bard's 'throughout'
22. Winnipeg, 'The __ to the West'
24. Demise
25. The __ (Irish siblings band)
26. New newts
29. Tetley drink
31. Basket-making fibre
35. Swill
36. Gloria __ (High-profile American lawyer)
39. Tuber serving
40. "Hot Tonight" band from Newmarket, ON: 3 wds.
43. Excavated material
44. Barker's boarding building
45. Prefix with 'dynamic'
46. Comic strip square
48. "And if your heart's strong, hold __, _ won't delay." - The Beatles, "Wait"
49. Attraction
50. Parrot
53. "Gangnam Style" artist
55. Parade bigwig
58. Creature in ancient Egyptian art
59. The __, Manitoba
62. Toronto's Dan- forth, e.g.
63. 'Very boring' job in "Echo Beach" by Martha & The Muffins: 2 wds.
66. Family
67. Intended
68. Cliff nest, variantly
69. Peculiar
70. PGA, et al.
71. Fret

Down

1. Greek†alphabet's 6th letter
2. Blunders
3. "Shucks!"
4. Lawn roll
5. "Dial _ __ Murder" (1954)
6. Indonesia's __ Islands
7. Square-one
8. __ __ for music (Not exactly a maestro)
9. Good way to take things: 2 wds.
10. Woof's counterpart
11. Mr. Lugosi
12. Mr. Warhol
14. Mr. Trotsky
18. Bureaucrat's adhesive?: 2 wds.
23. 'Heir' suffix
24. Behold
25. Infomercial's prompt to order: 2 wds.
26. Impede
27. Plant†life
28. Commuter's payment
30. Father-in-law for Esau
32. Jesse __ Ferguson of "Modern Family"
33. Famous soap couple, Luke and __
34. Curve
37. Nada in Nice?
38. 1983 Bonnie Tyler hit: "Total __ of the Heart"
41. Musical of 1943!
42. Elizabeth __ Stanton (Suffragist, b.1815 - d.1902)
47. Bad __ (German spa resort)
51. Montreal 'coffees'
52. As, in code
54. Microchip-implanting gr.
55. Shark sort
56. Passionate
57. Splinter
58. Memorizes the script and does this
59. Chipper
60. Indy 500 champ Mr. Luyendyk
61. Twist, as facts
64. Bed-and-Breakfast
65. __ Miserables

Friday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Monday's

	6			3		2		4
4				9	6			
			4					1
			6	4	3	8	9	
				5				
	9	3	7	2	1			
5					4			
			5	6				7
9		8		1			5	

Weather

TODAY	WEDNESDAY	THURSDAY
MAX: 14° MIN: 1°	MAX: 15° MIN: 2°	MAX: 13° MIN: 4°

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